

## **Agility Analysis of Physical Education Students Health and Recreation PGRI Banyuwangi University**

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### **Abstract**

This study aims to determine the agility of Physical Education Health and Recreation Class 22A students at PGRI Banyuwangi University. The method used is Quantitative Descriptive. The population of this study was Physical Education Health and Recreation students at PGRI Banyuwangi University class of 2022, with the sample being class A with a total of 23 students. Sampling was done using the *Simple Random Sampling* technique. This research analysis instrument uses the *Illinois Agility Test*. The results of the research on the agility component of students have a relatively low category with the results of the percentage of men (43.75%) and women (62.25%). This study concludes that the agility of class 22A students at PGRI Banyuwangi University needs to be improved to optimize their skills in carrying out sports activities.

**Keywords:** agility analysis; students; Illinois agility test

### **INTRODUCTION**

In general, exercise is one of the physical and psychological activities of a person that is useful for maintaining and improving the quality of health and the strength of a person's endurance after exercising (Aditia, 2015). Law Number 3 of 2005 states that sports are all systematic activities to encourage, foster, and develop physical, spiritual, and social potential (Sastaman, 2015). Sports activities are very important in human life, if someone does sports regularly, it can have a good influence on their physical development. In addition, exercise also has an influence on spiritual development, this influence can provide work efficiency for the body's organs, so that blood circulation, breathing, and digestion become regular, giving birth to a healthy body both physically and spiritually (Salahudin & Rusdin, 2020). Thus, exercise supports the creation of a healthy and strong physical condition of the human body in carrying out daily activities.

Physical condition is an ability that must be possessed by someone to improve and develop optimal sports skills. Therefore, efforts to increase strength and physical abilities can be said to be the basic needs of a person's fitness level and abilities that should not be ignored. This is because these abilities are a unity of sports aspects that cannot be separated, both improvement and maintenance (M.Ridwan, 2020). Efforts to get a good physical condition certainly require exercises that can improve and develop physical conditions and functional abilities of the body system. Physical condition training consists of several motor components with each component needing separate training on the components of physical condition that need to be developed (Mansur et al., 2020). Physical condition is the level of fitness or ability of the human body to carry out daily activities efficiently without experiencing excessive fatigue, and having energy

reserves to deal with sudden or emergency situations. The level of a person's physical condition can be influenced by several factors such as exercise, diet, sleep quality, and a healthy lifestyle. Efforts to improve physical condition require consistent training to get optimal results. (Fauzi, 2022) argue that important physical condition components include strength, power, endurance, speed, flexibility, and agility.

Agility is one of the physical components that is widely used in sports. Agility is generally defined as the ability to change direction effectively and quickly, and occurs due to explosive power movements. Agility ability is one of the skills that a person must have in doing sports activities (Arjuna, 2019). Agility comes from the word agile which means always moving and not fixed. This is because it is one of the important factors in supporting physical skills, especially in the world of sports such as soccer, badminton, volleyball, basketball, and others (Saharullah, 2020). Agility can also be said to be a movement related to the speed and accuracy of changing direction and changing body position. Students who have good agility can master good skills quickly and precisely in doing sports activities. Students who rarely do sports or physical activity may have poor agility skills. Therefore, improving agility ability requires training that is carried out regularly, regularly, and scheduled (jumardi, 2022).

Based on the above background, it can be concluded that agility is an important component in physical conditions that involve the ability to change body movements quickly, effectively, and precisely. In sports agility is a major factor that supports physical skills, especially in some sports that require rapid changes in body movements. Therefore, researchers are interested in analyzing the agility of PGRI Banyuwangi University students in class 22A in carrying out sports activities according to the sports they are interested in.

## METHOD

This research uses a Quantitative research method with a Descriptive approach. The population of this study was Physical Education Health and Recreation students at PGRI Banyuwangi University class of 2022, with the sample being class A with a total of 23 students. Sampling was done with a simple random sampling technique. Data collection was carried out using the Illinois Agility test technique instrument at the PGRI Banyuwangi University Micro Teaching field, with normative data for the Illinois running agility test (Mackenzie, 2015).

Table 1. Agility Test Norm Categories (Illinois Agility Test)

CATEGORY	MAN	WOMAN
Very good	< 15.2 seconds	< 17.0 seconds
Good	15.2 – 16.1 seconds	17.0 – 17.9 seconds
Average	16.2 – 18.1 seconds	18.0 – 21.7 seconds
Below average	18.2 – 18.3 seconds	21.8 – 23.0 seconds
Low	> 18.3 seconds	> 23.0 seconds

## RESULT

Based on the results of the analysis that was carried out on Thursday in the Micro Teaching field at PGRI Banyuwangi University, researchers obtained data on the agility of 22 A class students as follows:

Table 2. Results of the *Illinois Agility Test* for Male Students

NP	Name	Time	Category
621	A A	00:18:48	Low
221	AG	00:16:76	Good
011	ADY	00:18:21	Below average
811	AISP	00:18:14	Below average
731	DNA	00:18:24	Below average
181	FA	00:18:33	Below average
1031	FAS	00:18:53	Low
201	GW	00:18:29	Below average
1441	HM	00:18:49	Low
251	KAD	00:18:14	Below average
011	MIS	00:27:56	Low
1021	MiqS	00:18:68	Low
391	NA	00:20:24	Low
561	TA	00:18:07	Average
431	WOW	00:18:34	Average
851	W.S.	00:18:56	Low

Based on the table above, it is known that the results of agility abilities in male students obtained results with a low percentage category, namely (43.75%) then the percentage of students below average, namely: (37.5%), the ability with the average category is: (12.5%), and the percentage of students in the good category, namely: (6,25%).

Table 3. Agility Test ( *Illinois Agility Test* ) of Female Students

NP	Name	Time	Category
1131	A	00:21:13	Below average
041	DNM	00:19:96	Average
681	EHD	00:21:15	Average
781	ER	00:21:53	Average
361	ICE	00:22:16	Below average
911	LA	00:20:71	Average
1111	RMS	00:23:09	Low
301	TFA	00:20:17	Average

Based on the table above, the results of the test analysis on female students obtained a percentage of low categories, namely (12.5%), the category below average, namely (25%), the ability with the average category, namely (62.25%), and ability with the good category, namely (0%).

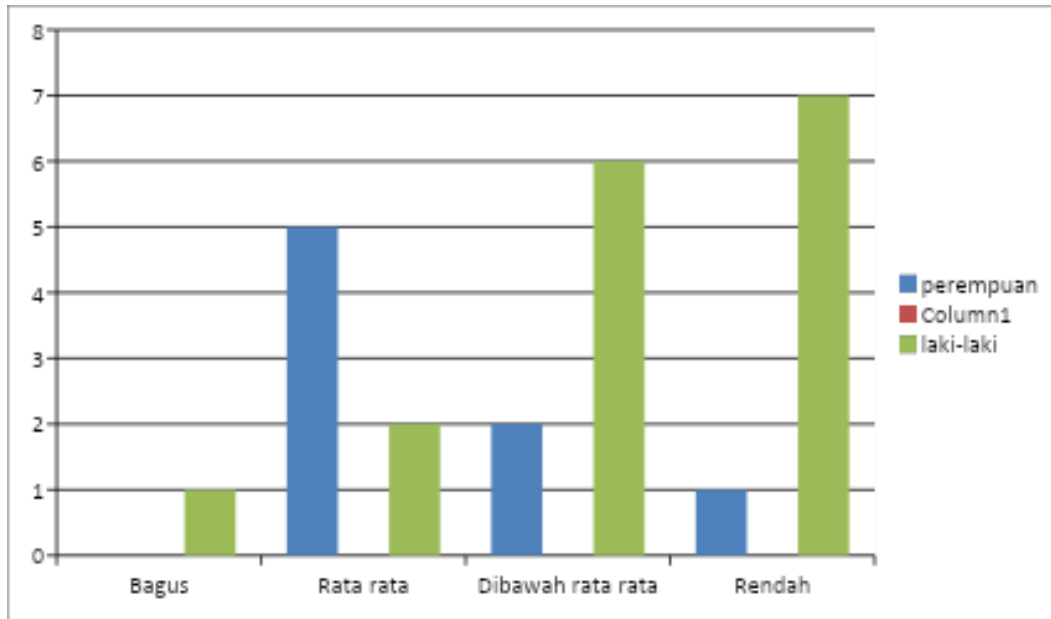


Figure 1. Bar Chart of Agility Test Results for Class 22A Students

Based on the results of the above analysis of agility abilities in male students and female students, it can be concluded that the majority of male students of PGRI Banyuwangi University batch 22 A have agility abilities below average, with a percentage of (43.75%) still in low ability. In contrast, most of the female students were at the average ability level (62.25%), with a few having low ability and none reaching the good ability category.

## DISCUSSION

Agility is closely related to sports because this ability is one of the important factors in carrying out sports activities that involve several physical components of agility such as speed, coordination, balance, and body reflexes. If a sports athlete does not have good agility skills, it will certainly affect the effectiveness of the athlete's performance. This is in line with the results of research by Yuliawan & Sugiyanto, (2014) which states that agility plays a role in carrying out activities that involve changing body movements while maintaining balance. If an athlete or player has good agility, the resulting movement ability will be more effective and efficient. In addition, the agility component is also needed by every individual, because when someone has less than maximum agility it will affect other movement abilities. The more often someone trains their movement skills, the better their agility skills will be (Herdiana et al., 2016). However, it is important to know that the physical condition required for each sport is different. Therefore, to have a good and optimal physical condition requires consistent training in accordance with a well-designed training program and according to the needs of the sport being mastered. This will support a person's agility to be more optimal (Prima & Kartiko, 2021)

Agility is an important aspect of physical fitness because it can be used as a benchmark in conducting tests on the abilities of athletes. Agility can be measured using the help of a track with cone marks and a stopwatch as a timer, the faster the participants do the test, the better the results will be, in this case,

timeliness is very important in determining the success of the test (Gumantan & Mahfud, 2020). In this analysis, researchers also used the help of a timer to measure the level of students' speed ability, this aims to facilitate researchers when taking agility data. Besides that, agility is a prerequisite for learning and improving movement skills and sports techniques, especially movements that require good body coordination (Khalik, 2017).

An example of the importance of agility in soccer is in dribbling techniques because agility is the main component needed for high techniques that can make it easier for soccer athletes to be more agile to outwit team opponents. Directly agility is used to coordinate multiple or simultaneous movements, facilitate mastery of high techniques, and facilitate orientation to opponents and the environment. Because agility contributes or contributes to the athlete's dribbling ability, for this reason, agility exercises such as zigzag runs and running back and forth and speed exercises such as doing 30-meter sprints, 40 meters and 50-meter runs (PUTRA & Mori Saputra, 2018).

Based on the results obtained in the study, the agility of 22A class students at PGRI Banyuwangi University, both male and female, is less than satisfactory or still in the low category, namely with a percentage of men (43.75%) and women (62.25%). Low or poor agility test results are influenced by several factors including previous physical activity of students that can affect test results when taking data or uncontrolled exhausting activities, so that the expected results do not match those obtained when measured or when data is taken (Umam & Anam, 2023). Agility can be improved by taking several steps, namely physical training programs on improving agility, training coordination, speed, and reaction, developing routine exercise habits, and providing greater motivation and support for athletes. With these solutions, it is hoped that the agility test results of PGRI Banyuwangi University 22A students can improve, and help them to have better physical abilities in the long run.

## **CONCLUSION**

From the explanation above, it can be concluded that the agility of male students is (43.75%) and female (62.25%). Therefore, they still need a more structured and intensive level of training, so that they can maximize their abilities in the sports they are involved in. Because the agility ability of class 22A students is still in the low category. So to improve agility one needs to train body skills in order to get optimal ability, for that with the improvement of a structured and consistent training program, one can develop better skills when doing sports activities in the long run.

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